

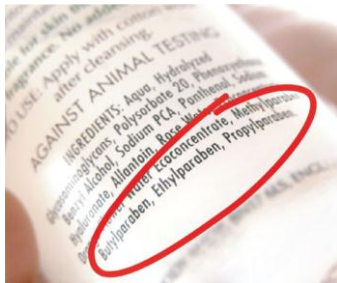
MARCH

*Gild the Lily or Spring Clean your **WHOLE** life?*



Fresh and Bright Daffs to cheer us up after a dull Winter

The sights of fluffy white lambs and bright yellow daffodils, their faces turn to the sun always lift our mood and spirits and we try to dust off the grime and gloom of the recent winter months with a cornucopia of cleaning aids in the hope of creating a clean environment in our homes to herald the dawn of the new Season.



Read labels before buying personal care products and avoid those containing parabens

How often do we think about cleansing ourselves from the inside out though? We will arm ourselves with potions and lotions to cover up blemishes, give ourselves a healthy glow and present as near a perfect image as we can to the outside world. There are 2 main reasons our skin, hair and nails are not at their best

1. Our diets
2. The very potions and lotions we use



An overhaul of our diets to incorporate cleansing alkalising foods can improve our digestion, energy levels and immunity. This doesn't mean engaging in a restrictive 5 day detox regime, but adopting an overall healthy

A snapshot of some of the fruit you can eat for good health



approach to your diet on a daily basis. When digestion and immune function are working optimally toxins are able to be released from the body and result in a reduction of those niggling symptoms like poor hair condition, split nales and scaly skin. Also remember to keep well hydrated and include as much 'clean' water as you can on a daily basis.

Beware the personal and skin care products widely available. They usually contain a long list of chemical ingredients which are now known to be potentially harmful to health. Of specific concern to those of us in the 'Health Profession' are Parabens which are oestrogenic. If you make no other change to your purchasing habits other than source Paraben Free products you will be doing your health a favour.

Should YOU go on a Gluten Free diet?

Many of us are aware of Celiac Disease, sufferers of which have to follow a lifetime Gluten Free [GF] diet. My fellow practitioners and I are now looking at how following a diet free from wheat gluten can help people with long term IBS, Eczema, Obesity, Depression and Anxiety, Arthritis, ME, CFS, Fibromyalgia and other long term health disorders.

I have prepared a basic questionnaire for clients to complete, which, the results of which will indicate where elimination of gluten could make significant improvements in overall health and ease distressing symptoms.

Gluten Sensitivity Testing is now part of the whole package offered to clients during their Main consultation, but why not take advantage of a Spring Special 'stand alone' service from Natural Manna at a cost of £10 per person, payable by BACS or Paypal. The whole service is carried out via email and includes comprehensive information on gluten intolerance, a basic dietary plan and supporting recipes for GF meals. For more informaton contact me at naturalmanna@aol.com.



Remember the New Year Discount of 20% off the price of Consultations, Nutritional Profiling and Support Sessions ends on 31 March 2014. You can take advantage of this offer by booking an appointment for April, May or June by the 31 March. A Consultation with Natural Manna is an investment for a healthy future so don't miss out on this opportunity.



*Copyright © *|Natural Manna 2014|* , All rights reserved.*

You are receiving this email because you are a special client of Natural Manna

Our mailing address is:

naturalmanna@aol.com|

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp